

Expanding  
Our REACH

# Resource Guide

A community resource guide for  
diabetes management, support,  
and prevention in King County.

# Introduction

Diabetes is a serious and growing problem in the US and the world. In King County, diabetes is the seventh leading cause of death. African Americans, Asian Americans & Pacific Islanders, and Latinos/Hispanics are disproportionately affected by diabetes. We realize that these numbers are a result of many factors. Our health is not only a result of our actions but of the opportunities that are available to us and access to resources to support us.

The mission of the REACH Coalition is to eliminate diabetes-related disparities among African Americans, Asian Americans & Pacific Islanders, and Latinos/Hispanics living in King County. Coalition members collaboratively developed a training program to disseminate its culturally tailored diabetes education and self-management curricula (REACH Model) at appropriate community sites and venues within King County. Under the REACH US initiative, Coalition partners provide training and technical assistance to clinics, faith-based organizations, and community based agencies on the REACH Model. In addition to training and dissemination of the REACH Model, the Coalition is working to promote primary prevention and organizational systems changes that will support and sustain its efforts to eliminate diabetes disparities.

The Expanding Our REACH Resource Guide is another way to provide people in King County with information on where to learn more about managing their diabetes, places to be physically active whether you have diabetes or are at risk, and where to access other services that promote and support good health.

We realize a guide for the entire county will not be comprehensive despite our efforts. If you would like us to include an agency or organization in future editions, please contact us.

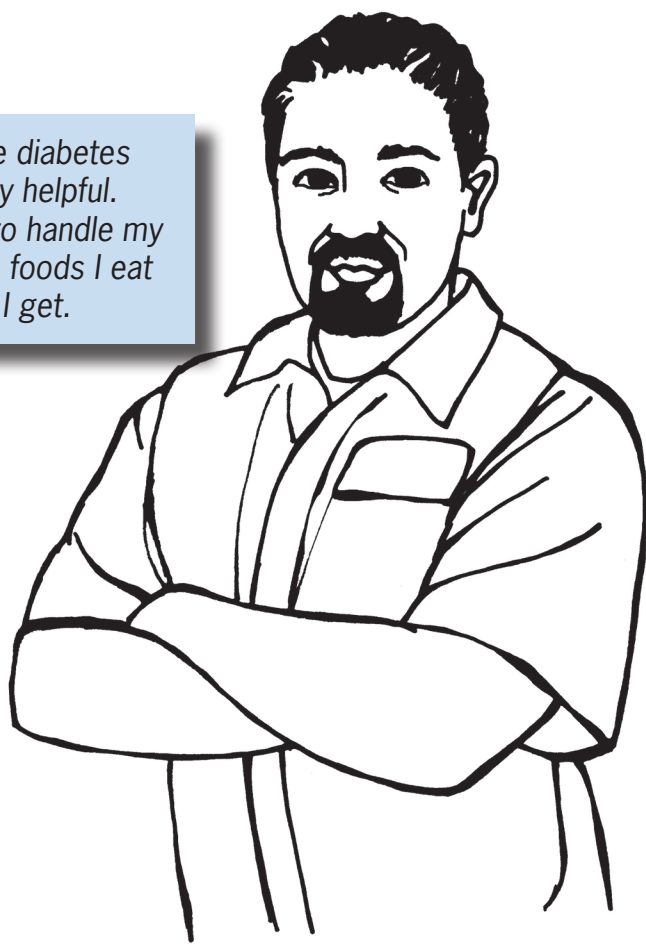
Seattle & King County REACH  
(Racial and Ethnic Approaches to Community Health)  
206-263-8192  
[www.kingcounty.gov/healthservices/health/chronic/reach.asp](http://www.kingcounty.gov/healthservices/health/chronic/reach.asp)

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*The people at the diabetes classes were very helpful. They taught me to handle my diabetes with the foods I eat and the exercise I get.*



# Diabetes Education

People living with diabetes benefit from learning more about the management of diabetes. A diabetes education program offers information and support about health eating, being active, monitoring, problem-solving, reducing risks and healthy coping (AADE7 Self-Care Behaviors). Diabetes education programs are available through the clinics and community centers listed below. Some may also have support groups and education for those who are at risk for diabetes or have prediabetes.

## **45th Street Clinic**

### **Diabetes Care**

1629 North 45th Street  
Seattle, WA 98103  
206-633-3350 ext 3536

## **Auburn Regional Medical Center\***

### **Taking Control/Living With Diabetes Support Group**

202 N. Division Street  
Auburn, WA 98001  
253-333-2559, ext. 1247

## **Auburn Community Health Center**

### **Diabetes Training, Self-Management**

126 Auburn Avenue, Suite 300  
Auburn, WA 98002  
253-735-0166

## **Center for Multicultural Health\*\***

### **Diabetes education and support classes**

105 – 14th Avenue, Suite 2-C  
Seattle, WA 98122  
206-461-6910, ext. 218  
[www.multi-culturalhealth.org](http://www.multi-culturalhealth.org)

## **Evergreen Hospital\***

### **Out-patient Diabetes Education**

12040 NE 128th Street Mailstop 27  
Kirkland, WA 98034  
425-899-3012

**Evergreen Diabetes and Endocrinology****Diabetes Education**

13118 121st Way N.E., Suite 103  
Kirkland, WA 98034  
425-899-6414

**Franciscan Health System\*****St. Francis Hospital Diabetes Services**

34515 9th Avenue South  
Federal Way, WA 98003  
253-426-6753

**Greenwood Medical Clinic****Diabetes Education**

415 N. 85th Street  
Seattle, WA 98103  
206-782-8660

**Harborview Medical Center****Diabetes Basic Survival Skills**

Coordinator: Patient Resource Center  
325 Ninth Avenue,  
Seattle, WA 98104  
206-731-2000

**Highline Medical Center****Diabetes Self-Management Education Program**

16251 Sylvester Road SW  
Burien, WA 98166  
206-432-5370

**International Community Health Services\*\*****International District Medical & Dental Clinic**

720 8th Avenue South  
Seattle, WA 98104  
206-788-3700

**Holly Park Medical & Dental Clinic**

3815 South Othello Street  
Seattle, WA 98118  
206-788-3500

**Diabetes Self-Management Education at  
International Community Health Services**

Contacts:

Abbie Zahler (English) 206-788-3673

Angela Wan (Cantonese, Mandarin, Taiwanese) 206-788-3644

Crissa Lee (Korean) 206-788-3653

Julie Siliga (Samoan) 206-788-3554

Minh Nguyen-Wichman (Vietnamese) 206-788-3671

Sefie Cabiao (Ilicano, Tagalog) 206-462-7105

**Kent Community Health Centers  
Diabetes Education Services**

403 E. Meeker St., Suite 200

Kent, WA 98030

253-852-2866

**Northwest Hospital\***

**Diabetes Self-Management Education Program**

1550 N. 115th Street, Mailstop E729

Seattle, WA 98133

206-368-1564

**Overlake Hospital Medical Center\***

**Diabetes Education Services**

1120 – 112th Avenue NE, Suite 150

Bellevue, WA 98004

425-688-5932

**Pike Market Medical Clinic**

**Diabetes Education**

1930 Post Alley

Seattle, WA 98101

206-728-4143

**The Polyclinic\***

**Diabetes Self-Management education Program**

First Hill and Northgate Clinics

Seattle, WA

206-860-2208

**SeaMar Diabetes Program\* \***

**Seattle**

8915 14th Ave. South, 1st Floor  
Seattle, WA 98108  
206-764-4705

**Burien**

14434 Ambaum Blvd SW  
Burien, WA 98166  
206-812-6171

**Swedish Medical Center\***

**Joslin Diabetes Center, Educational Affiliate**

910 Boylston Avenue  
Seattle, WA 98104  
206-215-2440

**University of Washington Medical Center**

**Diabetes Care Center**

**Diabetes Self-Management Education Program**

4225 Roosevelt Way NE, Suite 101  
Seattle, WA 98105  
206-598-4882

**Valley Medical Center\***

**Living Well With Diabetes**

400 S. 43rd Street  
Renton, WA 98055  
425-656-5377

**VA Puget Sound Health Care System Seattle Division**

**Diabetes Classes**

1660 S. Columbian Way  
Seattle, WA 98108  
206-764-2004 or 1-800-329-8387 ext. 6-2004

**Virginia Mason Medical Center\***

**Benaroya Diabetes Center**

1201 Terry Avenue  
Seattle, WA 98101  
206-583-6455

\*American Diabetes Association recognized programs

\*\*These agencies use the REACH culturally tailored diabetes education model.



# Neighborhood Medical and Dental Clinics

The first step in diabetes care begins with a healthcare provider that is experienced in diabetes care and understands the needs of people living with diabetes. Many of the clinics below serve individuals without health insurance and can assist the patient with securing coverage. All clinics provide interpreted services for patients. Many clinics offer referral and assistance for social and other services.

## **Auburn Medical and Pharmacy/Dental Clinic**

126 Auburn Avenue, Suite 300  
Auburn, WA 98002  
253-735-0166

## **Bothel Medical and Pharmacy**

10808 NE 145th Street, Suite B  
Bothell, WA 98011  
425-486-0658

## **Caroline Downs**

2101 E. Yesler Way  
Seattle, WA 98122  
206-299-1900

## **Country Doctor Community Clinic**

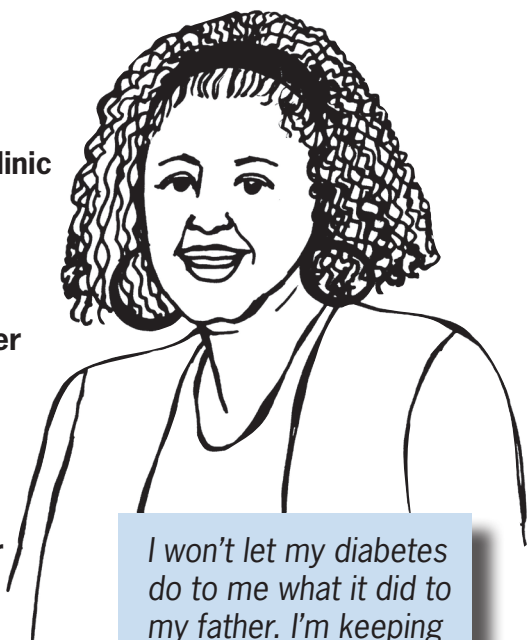
500 19th Avenue East  
Seattle, WA 98112  
206-299-1600

## **Downtown Public Health Center**

Family Medicine Services  
2124 4th Avenue  
Seattle, WA 98121  
206-296-4755

## **Eastgate Public Health Center**

14350 SE Eastgate Way  
Bellevue, WA 98007  
206-296-4920 or 1-800-244-4512



*I won't let my diabetes do to me what it did to my father. I'm keeping mine in control.*

**Federal Way Medical and Pharmacy/Dental Clinic**

33431 13th Place South  
Federal Way, WA 98003  
253-874-7634

**International Community Health Services****International District Medical & Dental Clinic**

720 8th Ave S  
Seattle, WA 98104  
Medical: 206-788-3700 Dental: 206-788-3757 TTY: 206-788-3774

**Holly Park Medical & Dental Clinic**

3815 S Othello St  
Seattle, WA 98118  
Medical: 206-788-3500 Dental: 206-788-3502 TTY: 206-788-3774

**Kent Medical and Pharmacy/Dental Clinic**

403 E. Meeker Street  
Kent, WA 98031  
253-852-2866

**Neighborcare Medical and Dental Clinics****45th Street Medical Clinic**

1629 North 45th  
Seattle, Washington 98103  
206-633-3350

**Dental Clinic**

206-548-2964

**Greenwood Medical Clinic**

415 North 85th Street  
Seattle, Washington 98103  
206-782-8660

**Highpoint Medical Clinic**

6020 35th Avenue SW  
Seattle, Washington 98126  
206-461-6950

**Dental Clinic**

206-461-6966



*I'll make sure my kids  
know what healthy  
eating is.*

**Pike Market Medical Clinic**

1930 Post Alley  
Seattle, Washington 98101  
206-728-4143

**Rainier Beach Medical Clinic**

8444 Rainier Avenue South  
Seattle, Washington 98118  
206-722-8444

**Rainier Park Medical Clinic**

4400 37th Avenue South  
Seattle, WA 98118  
206-461-6957

**Central Area Dental Clinic**

2101 E. Yesler, 2nd Floor  
Seattle, WA 98122  
206-461-7801

**Georgetown Dental Clinic**

6200 13th Avenue South  
Seattle, WA 98108  
206-461-6943

**Southeast Dental Clinic**

3800 S. Myrtle  
Seattle, WA 98118  
206-461-6981

**Redmond Medical and  
Pharmacy/Dental Clinic**

16315 NE 87th Street, Suite B6  
Redmond, WA 98052  
425-882-1697

**Renton Medical and Pharmacy**

200 S. 2nd Street  
Renton, WA 98055  
425-226-5536

*The day I learned I had type 2 diabetes was a rough one. But so far the treatment has been good. My diet has improved and my doctor says I'm doing great.*



**Roxbury Family Health Care**

9635 17th Ave SW  
Seattle, WA 98106  
Phone: 206-763-5057  
Fax: 206-763-5241

**SeaTac Medical and Pharmacy**

4040 S. 188th Street, Suite 201  
SeaTac, WA 98188  
206-277-7200

**Seattle Indian Health Board  
Medical and Dental  
Leschi Center Medical Clinic**

611 12th Ave. S.  
Seattle, WA 98144  
Phone: (206) 324-9360

**Healthy Heart Program**  
206-834-4093**SeaMar Community Health Centers  
Seattle Medical Clinic**

8720 14th Avenue S  
Seattle, Washington 98108-4896  
Phone: (206) 762-3730  
Fax: (206) 764-8000

**Burien Medical Clinic**

14434 Ambaum Blvd. SW, Ste. 5  
Burien, Washington 98166  
Phone: 206 812-6140  
Fax: 206-812-6177



*My family has a long history of diabetes. I'm working to end that cycle. I'm taking care of myself and I'm teaching my family how to do the same.*

# Physical Activity Resources

Being physically active is an essential part of both preventing and managing diabetes. Regular exercise can also help lower cholesterol, blood pressure, stress and anxiety, and improve your mood. Throughout King County there are a wide variety of parks and community centers with facilities that promote activity and exercise for individuals and families. Other listings offer organized walking groups and classes for individuals of all abilities.

## **King County Parks and Recreation**

206-296-8687

There are 180 parks with ballfields, playgrounds, and walking trails.

You can view or print a list of all King County Parks at

<http://www.kingcounty.gov/recreation/parks/inventory/parkslist.aspx>

Or visit the Parks and Recreation website at:

[www.kingcounty.gov/recreation/parks.aspx](http://www.kingcounty.gov/recreation/parks.aspx)

## **King County Pools and Aquatic Center**

206-296-7643 [www.kingcounty.gov/recreation/parks/pools.aspx](http://www.kingcounty.gov/recreation/parks/pools.aspx)

### **Vashon Island**

9600 SW 204th Street  
Vashon, WA 98070

### **Cottage Lake Pool**

18831 NE Woodinville-Duvall Rd  
Woodinville, WA 98072

## **City of Seattle Parks and Community Centers**

Seattle has 400 parks and open spaces with ballfields and other exercise facilities, gardens, and skateparks, among other activities.

206-684-4075 TTY: 206-233-1509

You can view a list of Seattle Parks at:

<http://www.seattle.gov/parks/listall.asp>

Or visit the Parks and Recreation website at:

[www.seattle.gov/parks/centers/default.htm](http://www.seattle.gov/parks/centers/default.htm)

## **Seattle City Pools**

Indoor pools in Ballard, Green Lake, North Seattle, Queen Anne, Central Area, Rainier Beach, University District, and West Seattle.

Outdoor pools in West Seattle and Ballard

[www.seattle.gov/parks/pools.aspx](http://www.seattle.gov/parks/pools.aspx)

## **Shape Up! King County**

Provides an interactive guide to help older adults find opportunities to engage in physical activity regardless of ability and fitness level.  
1-888-435-3377

[www.shapeupkingcounty.org](http://www.shapeupkingcounty.org)

[infor@seniorservices.org](mailto:infor@seniorservices.org)

## **Sound Steps**

Free, supported walking program for adults over the age of 50. Programs are available throughout the Greater Seattle area. The website provides links to walking maps and other walking groups and opportunities around the county.

206-684-4664 <http://www.seattle.gov/parks/Seniors/SoundSteps.htm>

## **Rainier Health & Fitness**

Offering classes and individual fitness training, ladies nights, and childcare in the Rainier Valley. Low cost with scholarships available.

7722 Rainier Avenue South

Seattle, WA 98118

206-725-0279

[staff@rainierhealth.com](mailto:staff@rainierhealth.com)

<http://www.rainierhealth.com>

## **King County Walking Maps**

Seventeen community-based walking maps that encourage physical activity in your neighborhood. Maps can be viewed and downloaded at:

[www.kingcounty.gov/operations/GIS/Maps/VMC/PubHealth.aspx](http://www.kingcounty.gov/operations/GIS/Maps/VMC/PubHealth.aspx)

## **YMCA of Greater Seattle**

There are 13 YMCA locations in King County, including Auburn, Bellevue, Burien, Des Moines, Fall City, Highline, Issaquah, North Bend, Renton, South Seattle, and West Seattle. YMCAs offer a variety of health and wellness classes for individuals of all fitness levels. Many branches provide prediabetes and weight loss classes. YMCAs offer scholarships and reduced rates for qualified individuals.

### **Main Office: Greater Seattle Association Office**

909 4th Avenue

Seattle, WA 98104

206-382-5003 [www.seattleyymca.org](http://www.seattleyymca.org)

# Healthy Eating Resources

Planning, preparing, and eating nutritious foods are part of everyone's plan for a healthy life. What and how you eat has an important role in prevention and management of diabetes too. Use the resources below to help you plan and prepare healthful meals.

## **American Diabetes Association (ADA)**

Information about meal planning, including recipes, for people with diabetes. [www.diabetes.org/food-and-fitness/food/planning-meals/diabetes-food-pyramid.html](http://www.diabetes.org/food-and-fitness/food/planning-meals/diabetes-food-pyramid.html)

## **Community Kitchens Northwest**

Community-based groups of people who get together to cook, learn, build community, and promote healthful, delicious eating in the Queen Anne, Delridge, and Rainier Valley neighborhoods.

[www.communitykitchensnw.org](http://www.communitykitchensnw.org)

## **King County Food and Fitness Initiative (KCFFI)**

Community-based initiative to promote and support healthful eating and active living through neighborhood programs. Current initiatives include School Food and Fitness, Healthy Food Retail in corner stores, and Safe Spaces to be Active. Learn more and get involved at:

<http://king.wsu.edu/foodandfarms/KCFFI.html>

## **Neighborhood Farmers' Market Alliance**

Connect to Seattle farmers' markets with locations, schedules, and produce calendars. <http://seattlefarmersmarkets.org>

## **Puget Sound Fresh**

Connect to local farms and farmers in King County. Website includes harvest schedules, the location of farmers' markets, recipes, and an event calendar. <http://pugetsoundfresh.org>

## **Public Health Recipe Cookbook**

Diabetes-friendly, heart health recipes.

<http://www.kingcounty.gov/healthservices/health.aspx>

## **REACH Coalition Diabetes Meal Planning Guides**

Culturally tailored diabetes meal planning guides in 9 languages.

<http://www.kingcounty.gov/healthservices/health.aspx>

# Referral Services and Agencies

Diabetes affects us physically, emotionally, socially, and financially. Diabetes affects the individual and the entire family. Sometimes, you or someone you know, may need extra help coping with a variety of issues that impact your ability to take the best care of yourself and your diabetes. The agencies listed below provide information about diabetes, support, and referrals, and direct assistance for a variety of issues around diabetes care.

## **Asian Counseling and Referral Service (ACRS)**

Offers multilingual, multicultural referral services for Asian Americans that address social, behavioral, legal, and health issues in 30 languages.

206-695-7600 [www.acrs.org](http://www.acrs.org)

## **American Diabetes Association (ADA)**

Information, community links, and advocacy on a national as well as local level.

### **Washington-Seattle-Tacoma Metropolitan Park East**

1730 Minor Avenue, #920

Seattle, WA 98101

206-282-4616 [www.diabetes.org](http://www.diabetes.org)

## **Chinese Information and Service Center**

Serving Chinese and other Asian immigrants, providing referral, advocacy, social support and other services.

611 S. Lane Street

Seattle, WA 98104

206-624-5633 [www.cisc-seattle.org](http://www.cisc-seattle.org)

## **Northwest Kidney Foundation**

Community classes for individuals and families that include prevention, management, healthy eating, and support.

700 Broadway

Seattle, WA 98122

206-292-2771 [www.nwkidney.org](http://www.nwkidney.org) [info@nwkidney.org](mailto:info@nwkidney.org)



### **Pacific Asian Empowerment Program**

Serves Pacific Islander Americans through health related programs such as exercise classes, senior lunch programs, health fairs, and screenings.

270 S. Hanford Street, Suite 204

Seattle, WA 98134

(206)324-0236 <http://www.paep-seattle.org>

### **Randolf Carter Family and Learning Center**

A division of Catholic Community Services, this agency provides comprehensive human services and referral to all those in need.

100 23rd Avenue South

Seattle, WA 98144

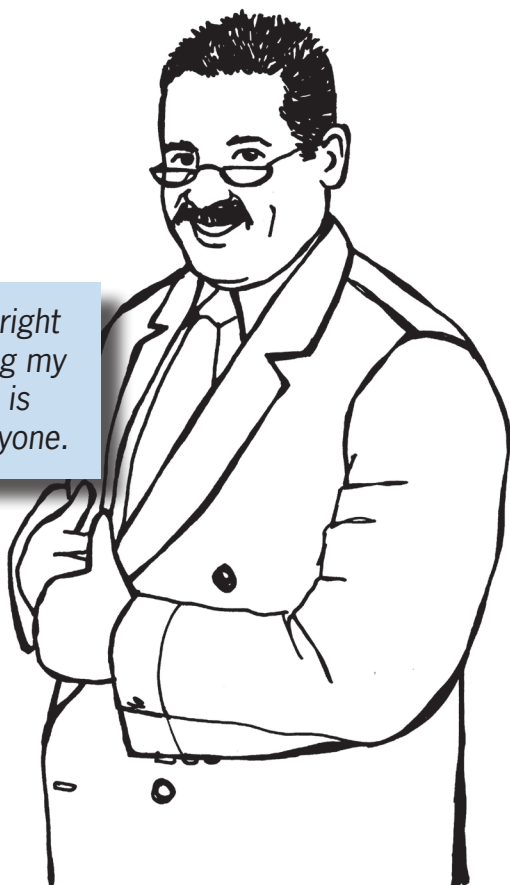
(206) 328-5703 [www.ccsww.org](http://www.ccsww.org)

### **African American Elders Program**

Phone: (206) 328-5639

[www.ccsww.org/site/PageServer?pagename=seniors\\_african\\_americanelders](http://www.ccsww.org/site/PageServer?pagename=seniors_african_americanelders)

*Diet, exercise and the right medications are making my life much better. There is help out there for everyone.*



# Health Care Insurance Resources

Basic health insurance is essential for prevention and management of diabetes and overall health. The agencies below can help you understand your current health care coverage or help you obtain insurance if you need it.

## Health Care Resources for People with Diabetes

Information about treatment, care and health insurance options state-by-state. [www.diabetes.org/advocacy-and-legalresources/insurance/washington.jsp](http://www.diabetes.org/advocacy-and-legalresources/insurance/washington.jsp)

## Washington Department of Insurance

Information about insurance options, coverage, and state-mandated coverage for a variety of health conditions, including diabetes.

1-800-562-6900 [www.insurance.wa.gov/index.asp](http://www.insurance.wa.gov/index.asp)

## Basic Health Plan

Basic Health Plan is a health insurance option for individuals who are uninsured and who meet Basic Health's income guidelines.

1-800-660-9840 [www.basichealth.hca.wa.gov](http://www.basichealth.hca.wa.gov)

## Washington Medicaid

Health insurance for qualified individuals and families.

1-800-737-0617 <http://hrsa.dshs.wa.gov/medicaidsp/>

## Washington State Health Insurance Pool (WSHIP)

An independent, non-profit health insurance plan for state residents who are unable to obtain insurance due to medical reasons.

1-800-877-5187 [www.wship.org](http://www.wship.org)

*I feel much better since I found a doctor who really cares about me and wants to educate me about taking care of my diabetes.*



# Information, Education, Publications, and Advocacy

The more we know about prevention, management, and complications of diabetes, the more we can help ourselves and our families. We can all become advocates for diabetes related rights and research by getting involved on a local, state, or national level.

## **American Diabetes Association**

National and local information for people living with diabetes, families, and health care providers about diabetes.

1-800-342-2383

[askADA@diabetes.org](mailto:askADA@diabetes.org)    [www.diabetes.org](http://www.diabetes.org)

## **Center for Disease Control and Prevention (CDC)**

1-800-232-4836    1-888-232-6348 TTY

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)    [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

## **Feet First**

An organization that provides advocacy and promotion of healthy, walkable communities. <http://feetfirst.info>

## **National Diabetes Education Program**

Information and publications for consumers, health professionals, and diabetes educators.

301-496-3583

[www.ndep.nih.gov](http://www.ndep.nih.gov)    <http://www.ndep.nih.gov/ContactUs.aspx>

## **REACH Seattle & King County**

The mission of the REACH Coalition is to eliminate diabetes-related disparities among African Americans, Asian Americans & Pacific Islanders, and Latinos/Hispanics living in King County. REACH US provides training and technical assistance to clinics, faith-based organizations, and community based agencies on its culturally tailored diabetes education and self-management curricula (REACH Model).

206-263-8192

[www.kingcounty.gov/healthservices/health/chronic/reach.aspx](http://www.kingcounty.gov/healthservices/health/chronic/reach.aspx)

## **Washington State Department of Health Diabetes Prevention and Control Program**

360-236-3799 <http://www.doh.wa.gov/cfh/diabetes/default.htm>

## Notes and Appointments

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## Notes and Appointments

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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**Public Health**  
Seattle & King County



Seattle & King County REACH  
(Racial and Ethnic Approaches to Community Health)  
206-263-8192

[www.kingcounty.gov/healthservices/health/chronic/reach.asp](http://www.kingcounty.gov/healthservices/health/chronic/reach.asp)